

Skinny Pizza

Prep time: 30 minutes

Makes: 4 Servings

Next time they ask for pizza, you can feel good about saying "yes!" Flour tortillas make for a crispy crust, perfect for loading with low-sodium tomato sauce, low-fat cheese, and lots of fresh veggies.



Ingredients

- 4 6" flour tortillas
- 1/2 teaspoon extra virgin olive oil
- 2 cups sliced mushrooms (white button or baby Portobello)
- 1 green bell pepper (thinly sliced, about 1 cup)
- 1 red onion (thinly sliced, about 1 cup)
- 2 teaspoons minced garlic
- 1/2 cup low-sodium tomato sauce
- 1/2 cup shredded fat-free mozzarella cheese
- 2 teaspoons grated reduced-fat Parmesan cheese

Directions

1. Heat oven to 400 degrees Fahrenheit.
2. Place tortillas on 2 large baking sheets.
3. Cook, flipping once, until crisp, about 10 minutes, set aside.
4. Meanwhile, heat oil in large skillet over medium heat. Add mushrooms, peppers, onions, and garlic.
5. Cook until all vegetables are soft and tender, about 10 minutes, set aside.
6. Spread tortilla crust with 2 tbsp tomato sauce, 1/4 cup vegetable mixture, 2 tbsp mozzarella cheese and 1/2 tsp of Parmesan cheese; repeat with remaining crusts and

topping ingredients.

7. Transfer pizzas to same baking sheets.
8. Cook until cheese is melted and edges of tortillas are golden brown, about 10 minutes.

Notes

MyPlate Tip: Personalized pizzas. Set up a pizza-making station in the kitchen. Use low-fat cheese and cut up vegetables or fruits for toppings. Let kids choose their own favorites then pop pizzas into the oven to cook.

Serving Suggestions: Serve with Avocado and Grapefruit Salad for a surprisingly refreshing meal.

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